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NEWS WORTH SHARING.

Four injured in T.O. office stabbing spree

Police say employee of HR company had been fired just before the attack PAGE 5

A TALE OF TWO NEWCOMERS

DAY 4 OF METRO'S LOOK AT IMMIGRATION: THE CHALLENGES AND THE REWARDS OF COMING TO CANADA PAGE 6

metro AR

USE METRO AR TO WATCH A CLIP FROM THE FEATURE

Riders keep Taman in green

Saskatchewan Roughriders general manager Brendan Taman, left, addresses the media on Wednesday at Mosaic Stadium, as Riders president and CEO Jim Hopson looks on. The team announced it has signed Taman to a two-year contract extension. MARCO VIGLIOTTI/METRO

GM staying put through 2017. One of Saskatoon native's biggest moves was landing Geroy Simon

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Saskatchewan Roughriders won the Grey Cup last November, but general manager Brendan Taman had to wait until April to receive his final accolade.

On Wednesday, the team announced it has signed Taman to a two-year contract extension through the 2017 CFL season. In addition to his GM duties, Taman will begin serving as vice-president of football operations for the famed franchise.

"It's a really special day for me to do this. I (always wanted) to be here for awhile, and in this business it's not the easiest thing to do," Taman told media at Mosaic Stadium.

The Saskatoon native is entering his fifth season as GM of the Riders and his 27th campaign working in the Canadian Football League.

One of his biggest moves with the Green and White was landing future Canadian Football Hall of Fame receiver Geroy Simon in a blockbuster trade with the British Columbia Lions in January 2013.

With the extension, Taman and head coach Corey Chamblin are locked up by the Riders through the 2017 season, when the team expects to begin playing at the planned $278-million stadium at Regina's Evraz Place.

"Corey Chamblin is a huge part of making me looking good ... He deserves a lot of credit," Taman said of the reigning CFL coach of the year, whose contract was extended several weeks ago.

Jim Hopson, president and CEO of the Roughriders, said having both instrumental figures signed through the 2017 season is crucial, as it goes a long way toward limiting potential transition problems in relocating to the new facility.

"We have a good team, a good organization. We need continuity," Hopson said.

"With Brendan and Corey under the contract through 2017, I feel very good looking to the future — particularly as we're trying to get a new stadium built."

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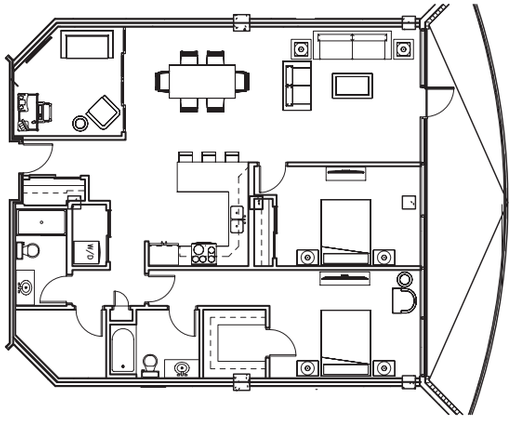

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Arson alleged in fire linked to homicide

Crime. Regina brothers accused of burning evidence, police say

Two brothers have been charged following a house fire allegedly connected to Regina's second homicide of the year.

Brian Terrance Gordon, 38, and Lawrence James Gordon, 43, are charged with arson causing damage to property and attempted obstruction of justice, city police said on Wednesday.

Brian Gordon was arrested on Tuesday. A warrant for Lawrence Gordon's arrest has been issued after he breached probation.

"I don't know what his intentions are for disappearing, but we're waiting for him to show up, and there are places where we know to look," police spokesman Les Parker told Metro.

The charges are linked to the slaying of 53-year-old Ray Allen Yacevich, whose body was discovered by firefighters in the rubble of the house he lived in at 1450 Wascana St. on March 23, after they had extinguished the blaze.

"They were charged with obstruction of justice because they're burning evidence in a homicide," Parker alleged.

Rosalyn Faye Wilm, 41, and her daughter Sarah Dawn Louisa Wilm, 22, both of whom lived in the house with Yacevich, were charged last week with second-degree murder in his death.

The women were sought by police and tracked down by RCMP on April 1 in the Kamsack area, about 270 kilometres northeast of Regina.

The Gordons' possible connection to the homicide suspects hasn't been made clear, though Parker said, "I would assume they know one another."

Any connection the Gordons, who live in Regina, have to Yacevich remains uncertain.

"I don't know their relationship at this point," Parker said, "but a lot of the details of that will be before the court when it unfolds." SARAH TAGUIAM/METRO

Mounties harness a little pink power

Some 400 people, including RCMP officers, officials and recruits, as well as Corrections Canada staff, cadets and children, donned pink shirts to march from the RCMP Heritage Centre to the Mounties' Drill Hall in Regina on Wednesday in support of the Day of Pink. Celebrated worldwide, the annual event involves people wearing pink to symbolize their stand against bullying and harassment. SARAH TAGUIAM/METRO

NDP calls for auditor review of ministers' travel costs

The Opposition NDP is calling for the provincial auditor to investigate travel costs by Saskatchewan cabinet ministers and the cabinet secretary.

"Let's have an independent voice, a completely non-partisan voice look at what has happened, look at the current expense scandal that we have on our hands and give some clear recommendations," NDP Leader Cam Broten said on Wednesday.

However, Central Services Minister Nancy Heppner says the government has changed the policy to make travel costs public going forward.

Premier Brad Wall said on Monday that reports for out-of-province travel will be posted semi-annually starting with this fiscal year, so the expenses for the period from April to September will be posted in October.

"I do believe that the process that the premier talked about earlier this week on disclosure of travel is an appropriate response to the situation that we saw," said Heppner.

"It's going to offer transparency and accountability and I'm personally satisfied with that."

Expenses have been under scrutiny since it came to light that Social Services Minister June Draude used a car service in London that cost $3,600 over four days and spent $200 on lunch with a friend.

It's also been revealed that Finance Minister Ken Krawetz spent about $3,300 on the same car service in London last June.

All of those expenses were filed by cabinet secretary Rick Mantey, who booked the car and accompanied Draude and Krawetz on their trips. THE CANADIAN PRESS

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'This is a province of winners now': Ex-cabinet minister

Finding solutions. John Manley speaks to Johnson-Shoyama Graduate School about the province's potential growth

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

John Manley, CEO of the Canadian Council of Chief Executives, speaks at the Johnson-Shoyama Graduate School of Public Policy's Tansley Lecture at a Regina hotel. ROSS ROMANIUK/METRO

When John Manley served as a cabinet minister in then-prime minister Jean Chretien's Liberal government in the early 1990s, Saskatchewan was a far cry from the export-driven power it is today.

In fact, the provincial government at the time was struggling to avoid deepening its economic hole, the former finance minister told Metro on Wednesday.

"When I first went into government, we were contemplating the potential bankruptcy of the government of Saskatchewan," said Manley, who also served as federal industry and foreign affairs minister before leaving politics in 2004.

"This is a province of winners now."

Manley, president and CEO of the Canadian Council of Chief Executives, visited Regina to give the keynote address at the Johnson-Shoyama Graduate School of Public Policy's Tansley Lecture.

His address stressed the importance of increasing collaboration between governments and the private sector to face 21st century problems.

"Given the challenges (and) some of the complex issues Canada faces in the world today, we need more collaboration between government and business to understand objectives, to find solutions and to work on them together," Manley explained.

One of the areas in which governments and business could collaborate, he added, is in bolstering ties with growing Asian powers.

Western Canada

Livestock insurance rolls out for cattle and hog producers

Cattle and hog producers in the western provinces can now apply for help to deal with unexpected price drops such as those that were seen during the BSE crisis.

Applications are being accepted for the Western Livestock Price Insurance Program first announced in January.

The program, which has been operating in Alberta since 2009, lets producers in British Columbia, Saskatchewan and Manitoba ensure a price for their animals by buying insurance.

THE CANADIAN PRESS

Business. SaskTel reports $90M profit

SaskTel has reported $90.1 million in net income for last year, while weathering growing price competition from major national telecommunications providers.

SaskTel CEO Ron Styles said competing national providers have raised their wireless rates — to deal with regulatory changes prohibiting three-year contracts — in every Canadian jurisdiction except for provinces with strong fourth carriers, such as Saskatchewan, Quebec and Manitoba.

While this might be fruitful for Saskatchewan consumers, he warned that flattening prices from its rivals would hammer SaskTel's bottom line.

Styles said he would raise his concerns at a meeting in Ottawa with officials from Industry Canada and the Canadian Radio-Television and Telecommunications Commission.

MARCO VIGLIOTTI/METRO

By the numbers

$1.2B

In its annual financial report released on Wednesday, SaskTel, a Crown corporation, recorded more than $1.2 billion in operating revenue in 2013 — up $22.7 million from 2012 — against nearly $1.1 billion in expenses.

Man arrested in Toronto stabbing rampage

Attempted murder charges. Police say suspect had just been fired when he attacked, leaving four injured

Toronto police say a suspect is in custody following a stabbing that left four people injured in the city's north end. NATHAN DENETTE/THE CANADIAN PRESS

An employee of a human resources company stabbed his superiors while being fired at a Toronto office building, police said Wednesday.

Police said four people were injured, including one woman with life-threatening injuries.

Chuang Li, 47, faces three counts of attempted murder and four counts of aggravated assault with a knife.

Dan Darnbrough, a Toronto police detective, said employees held the man before police arrived. A 32-year-old woman and three men between the ages of 35 and 45 were injured, he said. Three remain hospitalized.

Ceridian, a global payroll and human resources company based in Bloomington, Minnesota, said four of its employees were attacked by a "former employee." Asked if the man attacked after being fired, Ceridian released a statement that said "due to employee confidentiality guidelines, we are unable to share any additional information."

Police said they were called at about 9:30 a.m. local time with reports that "a man with scissors" entered the business and began stabbing people.

Television footage showed police putting a handcuffed man, wearing a bloodied shirt, into a police car. The man turned his head and said hello to a TV camera pointed at him.

THE CANADIAN PRESS

Quoted

"He was being fired and I guess then he proceeded to get involved in stabbing some of his bosses and some other employees."

Toronto police Det. Daniel Darnbrough

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Wi-Fi? Why not! Vancouverites may soon enjoy free wireless web

EMILY JACKSON
Metro in Vancouver

Wouldn't it be nice to use free Wi-Fi instead of pricey cellular data plans when posting pics on Instagram of the sun setting over the beach?

Vancouver's park board figures residents and tourists would appreciate the option, and it will vote on a motion next week asking staff to determine potential locations for free public Wi-Fi, the cost of such a program and a timeline for implementing the service, Commissioner Trevor Loke announced Wednesday.

The city has been mulling free public Wi-Fi since at least 2005 — it's already in place at city hall and at the public library — and council passed a digital strategy last year promising to make Internet access a reality by 2016.

But Loke wants to get the ball rolling on the plan to ensure the park board has a say in what places get Wi-Fi — suggestions so far have focused on busy downtown shopping strips.

"We want to make sure that park spaces are a priority within the digital strategy," Loke said.

The park board will prioritize Internet access in spaces with high residential density and appeal for tourists.

High steaks. Calgary police beefing up efforts to corral meat thieves

Police say a man accused in a dangerous high-speed drive through Calgary, speeding the wrong way down one-way streets before crashing into a fence, may be involved in a meat-theft ring.

Police investigators say supermarket meat is a prime target for thieves, and a sophisticated crime ring is being fuelled by rising food costs.

It's enough of a problem that police have a dedicated unit working to stop the trend.

Gary Neil Firth, 49, faces numerous charges.

THE CANADIAN PRESS/GLOBAL CALGARY

Good times, hard times

Coming to Canada is a challenge for anybody. Sometimes it goes well, and sometimes it doesn't. We talk to two people at different ends of the scale.

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Priscilla Bunke, originally from Nigeria, lived in Germany for 11 years before moving to Canada. She's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries. CONTRIBUTED

Jamie Martinez moved to Canada from Colombia in January 2008. He spent years working as a labourer in Canada and has been forced to tap into the welfare system. MIKE DONACHIE/METRO

The Story of Us
Immigration to Canada

MIKE DONACHIE
Metro in London, Ont.

Priscilla Bunke has come a long way, in more ways than one.

Her route to Canada was via Germany, where she spent 11 years. She then worked through a process of re-qualifying as a lawyer in Alberta, completing that in May 2012.

It's been 18 years since Bunke left her native Nigeria, and she's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries, with Dentons law firm in Calgary.

If that sounds impressive, it's because it is.

"It wasn't easy," she said. "But many people come here and succeed."

She's done a lot of work in the last 11 years, including 12 exams just to re-qualify in Canada.

"I wouldn't lie," said Bunke, 45, who has a 14-year-old son and an 11-year-old daughter. "Life is very good now. I'm very happy now. But it was tough."

She said working in Germany — where she completed a master's degree and worked as a corporate counsel for an insurance company — was tougher, mainly due to the language barrier.

In Canada, Bunke was able to find work quickly, spending three years as a legal researcher while she re-qualified.

But adjusting to Canada after she arrived in July 2007 brought its own challenges.

There's a greater emphasis on networking, she explained, and the lessons come thick and fast.

"What I've realized here is that if you are open to learning, then people are really, really kind and ready to help," Bunke said, adding that she values the Canadian mentors who offered their time.

"I've been very fortunate and blessed to meet people who have been amazing."

It's been a tough few years for Jamie Martinez.

Now 54, he came to Canada from Colombia in January 2008.

"My original background is mechanical engineering," Martinez said. "But I worked for Goodyear in Colombia for 17 years in human resources. I wanted to do something the same when I came to Canada, but I couldn't."

First, there was a language barrier.

Two ESL courses helped with that, but even applying for jobs was a problem, so there followed lessons in creating a resumé and looking for work.

Martinez spent years being offered only labourer jobs, and he's also been forced to tap into the welfare system. But he stayed determined to work in administration, in a similar job to the one he had in Colombia.

It took three years before he landed an office job, and he says his experience isn't rare — even the large numbers of university-educated immigrants face a steep climb, he said.

Martinez, who is in the country on a work visa and still trying, after six years, to get permanent resident status, says he's committed to Canada.

Nowadays, he works as executive director of the Latino Canadian Community Corporation in London, Ont., and is a leading light in the London Multicultural Club.

"Canada is amazing," he said.

"We love Canada. It's so family-oriented."

But he called on employers to be more open to newcomers, whose status is easily signalled with a SIN card number that starts with "9."

"We don't get real help to get a job," he said about immigrants.

"We need more help to overcome all the problems we have."

MIKE DONACHIE/METRO IN LONDON, ONT.

Follow Mike Donachie on Twitter @Mike_Donachie

Quoted

"We need more help to overcome all the problems we have."

Jamie Martinez

A truly Canadian quiz

The Canadian citizenship test was altered in 2010 to make it a little more difficult.

Since then, applicants have been required to answer 15 of 20 questions correctly, whereas previously they passed with 12 out of 20 correct responses — as long as they gave the right answer to certain mandatory questions.

The problem was those mandatory questions were always the same, making the test easy to beat by paying for the answers beforehand. (And, it's been proven that really was happening).

About 96 per cent of those taking the test before 2010 passed. The new formula has lowered the pass rate to 80 per cent or so.

Citizenship and Immigration Canada (CIC) sends all applicants a study guide as soon as the paperwork is received.

"The best way to succeed at the citizenship test is to study Discover Canada," said a CIC official. "We encourage people to begin studying as soon as they apply for citizenship and receive their study guide."

As well, an online language test must be taken and passed before anything else happens.

SCOTT TAYLOR/METRO IN LONDON, ONT.

On the web

Can you pass? Give our practice citizenship test a try at metronews.ca

Getting their start elsewhere

Plenty of immigrants come to Canada and wind up being household names. You may be surprised at how many well-known Canucks didn't actually get a start in the True North strong and free. Here's a look:

Steve Nash

GETTY IMAGES

Steve Nash is considered the best NBA player ever to spend most of his life in Canada. Currently a member of the Los Angeles Lakers, he was named the NBA's most valuable player in both 2006 and 2007. He grew up in Victoria, B.C. He was born in Johannesburg, South Africa.

Ernie Coombs

GETTY IMAGES

Ernie Coombs was a children's entertainer who starred in the Canadian television series, Mr. Dressup. He became a Canadian citizen in 1994. He and his family lived in Pickering, Ont. He was born in Lewiston, Maine.

Brendan Fraser

GETTY IMAGES

Brendan Fraser, son of Canadian parents, is a movie and stage actor who portrayed Rick O'Connell in the three-part Mummy series. He is also known for other comedic and fantasy-film leading roles in major Hollywood movies. He was born in Indianapolis, Ind.

METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

The Canada Revenue Agency headquarters in Ottawa is shown on Friday. The 'Heartbleed' bug forced the tax agency on Wednesday to suspend its online filing services. SEAN KILPATRICK/THE CANADIAN PRESS

'Heartbleed' bug causes heartburn for the CRA

Canada Revenue Agency. If you haven't filed your taxes, you won't be able to until at least the weekend due to computer bug

With tax-return season in full swing, the Canada Revenue Agency suddenly locked down its online filing services on Wednesday, fearful of a new vulnerability in software used by much of the world to safeguard secure websites on the Internet.

All of the federal government's online systems were under review after word of the so-called "Heartbleed" computer bug prompted the tax agency to pull the plug on its electronic services as a precaution.

"As a preventative measure, the CRA has temporarily shut down public access to our online services to safeguard the integrity of the information we hold," the agency said in a statement.

The CRA services that were affected by Wednesday's outage included the electronic tax-filing systems Efile and Netfile.

THE CANADIAN PRESS

Heart-stopping oversight

Bug went undetected for two years

A confounding computer bug called "Heartbleed" is causing major security headaches across the Internet as websites scramble to fix the problem.

Security researchers who uncovered the threat are particularly worried about the lapse because it went undetected for more than two years.

THE ASSOCIATED PRESS

Winnipeg. CN, feds at odds over grain crop backup

The president of Canadian National Railway is criticizing the federal government for over-regulating railways based on an unusually cold winter and a bumper grain crop.

Claude Mongeau told the Winnipeg Chamber of Commerce that, under the circumstances, it was unrealistic to expect anyone to move the record harvest in just a few months. Rail companies alone can't bear sole responsibility for the transportation bottleneck that has left farmers' bins overflowing, he said.

CN moved a record number of cars before the "wicked winter that put us on our knees," Mongeau said Wednesday.

THE CANADIAN PRESS

Serving up McJobs

McD's Canada supersizes hiring of young people

McDonald's Canada and its franchisees are set to hire more than 6,000 young people at a one-day event on Thursday. Currently, 75 per cent of McDonald Canada employees are between the ages of 15 and 24.

THE CANADIAN PRESS

More focus on the self

Twitter redesigns for the Selfie Age

As Twitter looks to broaden its appeal beyond its 241 million users, the company is introducing a redesign of profile pages that includes bigger photos, more user controls and a distinct resemblance to Facebook.

"Moment by moment, your Twitter profile shows the world who you are," the company wrote in a blog post Tuesday. "Starting today, it will be even easier ... to express yourself through a new and improved web profile."

As part of changes coming in the next few weeks, users who access Twitter via the web will notice larger photos on their profile pages. Besides profile photos on the left corner of the page, the redesign includes a large banner photo that resembles the big cover photos on Facebook pages.

THE ASSOCIATED PRESS

Market Minute

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GIVE UP YOUR SUMMER JOB SEARCH

HE SAYS

John Mazerolle
metronews.ca

Now that summer break has arrived for you university and college students, it's time to decide what your dream job is, because you'll be thinking about it a lot while you rot in some summer-job cesspool.

That's probably hard to hear after eight difficult months of alcoholism and plagiarism, but it's the truth, as cold and hard as the nickels you'll be stealing from the tip jar.

One of the only guaranteed jobs out there this time of year is writing tips for people looking for summer jobs (ka-ching!), and in my experience most articles like this one are far too optimistic, even naive.

They're all about networking and gumption and stick-to-it-iveness (formerly known as perseverance). Just put yourself out there and good things will happen, the advice goes. Lies, I say.

It harkens back to my parents' youth in New Brunswick, where job seekers simply grabbed the 'help wanted' sign in the window and handed it to the boss, who was so impressed by an N.B.er with basic literacy skills and opposable thumbs that the new hire was well on their way to becoming Senior Vice-President of 'Help Wanted' Sign Distribution. Or so I've been told.

But when I was playing this game 15 years ago, it was pretty painful. Mostly it involved looking at recipe cards tacked to a corkboard at a youth employment centre and praying that "pay negotiable" meant six figures or seven figures.

I'm ignorant of today's job market — no doubt it involves e-recipe cards robo-tacked to a World Wide Corkboard — but since the media has dubbed today's youth demographic "generation screwed" I'm going to assume things aren't super.

From what I've heard, the modern job seeker requires three call-back interviews, including one in front of a board of directors, just to apprentice for the guy who fetches the coffee, and even then it's an unpaid internship until you're 34.

It's pretty much hopeless. But I'm legally obligated to provide a few tips, so:

- It's not what you do, it's who you do.
- Crack the so-called hidden job market by surfing to the Canada Job Bank and typing up up down down left right left right B A.
- BuzzFeed's Which Career Should You REALLY Have? is pretty much can't-miss.

But the biggest advice I would give anyone looking for a summer job is: Avoid it if you can.

I'm not even kidding. If you can avoid it at all — either because you're spoiled or you're cheap — then do it. Working in between school years makes the whole summer seem like life's longest Sunday, melancholy and muted even when it's nice out.

I know that supposedly makes me irresponsible then and now, but, trust me, you will not look back and say, "I wish I'd joined the workforce sooner."

Instead, inform your friends that you're looking to travel or party or vegetate and that they should join you. 'Help wanted,' in other words.

ZOOM

It's rather en-lightning

COURTESY CRAIG ECCLES/SOLENT NEWS & PHOTO

Electrical storms get oohs and ahhs

A thrill-seeking storm chaser captured the precise moment these giant lightning bolts lit up dark skies in a series of incredible storms.

Craig Eccles, a photographer from Perth, Western Australia, travels up to 500 kilometres in anticipation of a powerful storm – all for the sake of capturing that ferocious majesty on camera.

METRO

Photog's viewpoint

"I have seen lightning bolts stretch for miles across the sky. For me, it's not all about the lightning bolt — sometimes it's about being in pitch black and in a split second, it appears as day."

Craig Eccles, photographer from Perth, Western Australia

How and when?

- Electrical potential builds up inside clouds, between water droplets with either a positive and negative charge. This potential is discharged in the form of lightning
- The frequency of flashes worldwide is about 50 times per second (that's 4.3 million times a day).

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 6 in News, page 14 in Life, and page 22 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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MetroTube

One cat not a fan

ANDREW FIFIELD
metronews.ca

Much of the feisty behaviour we find so amusing about cats can be attributed to their displeasure for treading on their turf or ignoring their critically important needs.

"You think you can ignore my hunger at 5 a.m.? My raking at this blanket begs to differ."

This cat goes from fuzzy guitar groupie to feisty heckler based on a similar complaint. "Listen, Duane Allman. I'm in charge of licks around here."

Luckily, lame puns and their accompanying groans are for humans only. Or I'd be in a lot of trouble with my cat today.

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Major talent to host SCMA Awards

Charlie Major.
When the singer burst onto the country scene 20 years ago, he was considered different. Now, he's the norm

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

A Quebec-born singer who lives in Ottawa may seem an unlikely choice to host Saskatchewan country music's biggest party. But few performers carry as much weight with both fans and musicians as Charlie Major.

The singer says he's honoured to have been invited to host the Saskatchewan Country Music Association Awards Sunday night in Nipawin, but isn't nervous about the opportunity.

"I've been doing this for so long, I wouldn't say its second nature, but it's not brain surgery. Nobody's going to die on the table if you screw up, so I just relax and have fun," Major said in a telephone interview.

That approach has served Major well during his two decades in the music industry. He remains essentially as popular as ever, continuing to draw crowds as he tours the continent.

"I feel pretty fortunate, I've worked hard all my life and in a business where so many people come and go, it's pretty nice to still be around after 20 years."

Major burst onto the country music scene in 1994 with the wildly successful album The Other Side, which spawned six singles — all of which went to number one on the RPM Country chart.

Charlie Major hosts the SCMA Awards in Nipawin Sunday night. CONTRIBUTED

While the country music industry has undergone some significant changes since those early days, Major doesn't bemoan the evolving nature of the business.

"When I came along, I was considered different. And then that became the norm. I mean everything's always changing. I listen to the music today and I think it's great, I think it's neat what they're doing."

Major recently celebrated his longevity with the release of The Best 20 of the Last 20, a collection of his greatest hits, plus a pair of new songs. He says picking the ones that made the final cut was a huge challenge.

"I tried to give as good a mix as possible. The hit songs are there, but at the same time I wanted to include a few of my favourites that might not have been chart-topping songs, but they mean something special to me."

And although he's taking time to mark the milestone, Major isn't resting on his laurels. He's in the midst of recording a new album, and at 59 has no plans to stop touring anytime soon.

"I'm just going to keep on keeping on. Twenty years in the business is an accomplishment I guess, but I'm really looking forward to the next 20."

Details

The 2014 SCMA Awards in Nipawin kick off Friday, April 11 with the New Artist Showcase at 8 p.m. and continue through the weekend with a number of shows and industry seminars.

- The event culminates with the annual awards show, hosted by Charlie Major Sunday night at 7 p.m.
- For information and tickets visit scma.sk.ca/awards.

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Saskatoon – June 13, 2014
Regina – June 20, 2014

Tina Fey and Amy Poehler. ALL PHOTOS: GETTY IMAGES

Wish granted: Tina & Amy to star in sister comedy

How is it that we can put a man on the moon, but Amy Poehler and Tina Fey have only starred in one film together? And that film was Baby Mama? (Mean Girls doesn't count. They had supporting roles in that.) Luckily, things are about to change. According to the Hollywood Reporter, the stars of 30 Rock and Parks and Recreation will co-star in The Nest, a dark period thriller. Just kidding, it's a comedy, obviously. The Nest is about adult sisters (they're playing sisters!) who find out that their parents are selling their childhood home, so they decide to throw one last big party there. In the process, they learn to mature. The Nest will be directed by Jay Roach, who also directed Pitch Perfect. It's written by Paula Pell, a former Saturday Night Live writer who also played Pete's wife on 30 Rock.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gwynnie might need practice at conscious uncoupling

MELINDA TAUB
Metro World News in New York

Moses Martin, the son of Gwyneth Paltrow and Chris Martin, turned eight on Tuesday, and Gwyneth posted this sweet pic on Twitter for his birthday. Yeah, happy birthday, Moses — now run and play, because we need to talk to your mom.

Check out her hand in the photo. Despite her much publicized "conscious uncoupling" from Chris Martin, it appears that Gwyneth is still wearing her wedding ring. I'd say maybe she's not ready to remove it, but I don't think Gwyneth Paltrow has ever shown that kind of emotional weakness in her life.

No, the ring must be a deliberate step in her conscious uncoupling. Unless her conscious uncoupling has gone so well that she's already remarried to someone else.

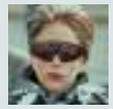
After 27 years, Tom Ford and his partner have fashionably late nuptials

Fashion icon Tom Ford is officially off the market, as he and his partner of 27 years, former Vogue Hommes International editor Richard Buckley, recently tied the knot in a very quiet ceremony, according to Vogue.

Ford let the news slip casually while speaking at the Regent Street Apple Store opening in London earlier this week. "We are now married, which is nice," Ford said. "I know that was just made legal in the U.K., which is great. We were married in the States."

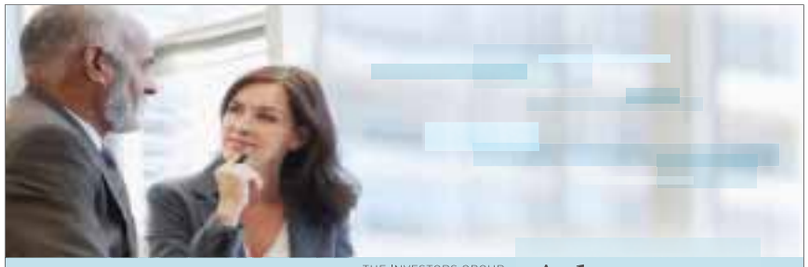
Twitter

@TheRock
Alright.. 3 hrs sleep, but kickin' jet lag's ass. Its time to work.. Good morning from lovely London.



@ladygaga
just basically ate all the birthday cake I was supposed to eat last week but had shows so I dieted it was so good. it was yummy yums

@WhitneyCummings
People: please make your emails funnier in general



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Ask Dr. Marita Schauch, BSc, ND

I have terrible PMS every month and my periods are really heavy – is there anything natural I can take to get some relief?

Premenstrual syndrome, also known as PMS, can include symptoms such as mood swings, depression, cravings, bloating, water retention and headaches. PMS can occur for up to 2 weeks before the onset of a woman's menstrual flow and affects somewhere between 70 to 90% of women. An imbalance in hormones, especially the ratio of estrogen to progesterone, is commonly the culprit for many women. This is often referred to as "Estrogen Dominance" and can develop as a result of poor diet, a sluggish liver and exposure to excess environmental estrogens found in plastics, cosmetics, pesticides, the birth control pill, or hormone replacement therapy. Estrogen dominance has been linked to a wide range of conditions, including heavy, painful periods, uterine fibroids, endometriosis, infertility and even estrogen dependent cancers such as breast and uterine cancers. The herb milk thistle has a long history of being a very safe liver detoxifier. A healthy liver helps to eliminate and detoxify these harmful and excess estrogens in order to boost the body's metabolic rate and ensure that estrogen and progesterone are in healthy balance. Other beneficial herbs to help balance high estrogen levels include: curcumin, calcium-d-glucarate, indole-3-carbinol and sulforaphane. **EstroSense®** is a safe and effective detoxifier that helps to eliminate those harmful, excess estrogens so that you can have effortless and PMS free periods!

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MAJESTICS ANNUAL 48th CAR SHOW

APRIL 12 & 13 2014 · CANADA CENTRE BUILDING · EVRAZ PLACE REGINA

ROD RUN

Gathering family members and hitting the road for a weekend of cars has been a long time tradition of the Majestics Car Club. The annual "Rod Run" allows families and car lovers from across Saskatchewan to head to Moose Jaw to have a weekend of fun. "There's more of a laid back atmosphere," said Milt Raddysh, the advertising director for the Majestics Car Club.

Rod runs are a staple of car clubs, and their members. Some car lovers travel across the country planning their accommodation around rod runs. "You get people from everywhere. People come from out east who have fun for the weekend and move on," Raddysh said. "It's all about seeing where your vehicle takes you."

Rod runs are named after the slang term for cars and feature prizes and a chance to kick back and relax. Runs became a popular activity in the 1970s as club members looked to criss-cross the country and show off how far their rod could go. Prizes would be awarded to the member who attended the most rod runs and got the highest milage on their cars.

The Majestics' rod run has become a beloved tradition. Members travel to Moose Jaw every year, staying at the same campsite and hotel, and get to spend a weekend away from the hustle and bustle of their daily lives. It brings together families and builds the true community of the club.

Enthusiasts compete in a "Special Interests" category, meaning cars focused on a specific make. In the fall, car lovers compete in a swap meet, where they get to swap parts before they head back to their garages in the winter. "It's like a big family, you see tons of the same people every year," said Raddysh.

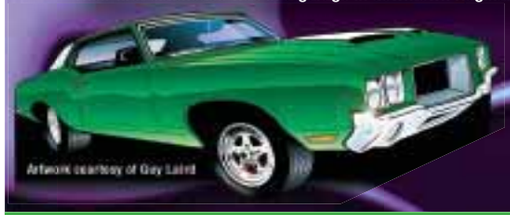
The rod run concludes a spring and summer of activity, with the "Majestics Car Show" kicking it all off from April 12 to 13.

HISTORY OF THE CLUB

Inspired by a song and started by high schoolers, the Majestics Car Club has come a long way in its 50 plus years. Based in Regina, the club has held car shows since the 1960s and is gearing up for its 48th consecutive show. "People always want to build and preserve vehicles and I can see us going on forever," said Milt Raddysh, advertising director for the club.

Started in 1962, with five members who were all Regina high school students, the club was one of hundreds dotting the countryside. Looking for a catchy name, they took inspiration from Dion and his song "The Majestic" and completed the ensemble with a badge of a lion riding a Ford Roadster.

Their first clubhouse was in a garage in downtown Regina. It lacked windows, insulation and was heated by an oil space heater. Despite the club's rustic beginnings, they soon flourished. Members held weekly meetings and swapped parts for their cars, looking to build the nicest ride they could. Weekends were spent in Saskatoon attending drag races. "It's not only the vehicles, it's the people you meet. We've become a large family," said Raddysh. Four years after they started the club, they held their first show at the Regina Exhibition Park. Admission cost a whopping $1.25. Each year had progressively more cars and bigger prizes.



Since it's beginning, the club has focused on giving back to the community with blood drives and hosting charity drives. The club is also a proud sponsor of Kidsport Canada. Every year the club hosts blood drives and raises money for the less fortunate. "We try to give back to the community in as many ways as we can," said Raddysh. The show is the largest car show in southern Saskatchewan and has been for 48 years. From their early beginnings, they've expanded their crown jewel of a show to three buildings at Canada Centre Building, Evraz Place from April 12 to 13. Over 200 cars, plus vendors, will pack 52,000 sq. ft. of the building to show off their vehicles and parts.

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To celebrate the newest edition of the Majestics Car Show, two Hollywood guests have been invited to share their tips and thoughts on the best rides.

Danny Koker and Kevin Mack, from the History Channel's reality TV series Counting Cars, are the showcase guests for this year's event and will appear on Saturday.

The series is set in Las Vegas and features crews from Count's Kustoms restoring and customizing a range of vehicles.

Koker was a regular guest on the show Pawn Stars before the History Channel gave him his own show.

Having a star of a hit show come to this year's car show is a huge delight to members.

"Any time you can get someone of national recognition to the show, you have to be ecstatic," said Milt Raddysh, the advertising director for the Majestics Car Club, which hosts the car show.

Two easily recognizable figures, who are a big presence in the car community, are a big hit amongst younger members. "We've had a lot of entries just because Danny and Kevin are coming," said Raddysh.

The stars are just another famous addition to the show, which will feature over 200 vehicles from all vehicle classes as well as auto related vendors.

The show is being held in the Canada Centre Building at Evraz Place.

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See that symbol? It means you can scan this image with your Metro News app.
Closet alert: Get clutter under control. East Coast celeb decor expert Jordan Hipson shows us how!

LIFE 3

Spring clean your style

Won't you let them live?! In the spirit of reducing, reusing and recycling, we look at three ways to deal with your done-for duds this spring without tossing them in the trash

ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Perfectly distressed denim jeans, how I've loved you so, but it's time to let you go. ISTOCK

Whether you've stuck to your New Year's resolutions or not, the sun is coming out and revealing that you are a different person than you were back when the halls were being decked.

Spring is almost here and it's time to reassess that wardrobe. But what do you do with those piles of threads that no longer thrill you? Let us give you a few fashionable tips for figuring that out.

Sell 'em

Sites such as Craigslist, Kijiji and eBay Canada have made it easy for regular folks to become retail mavericks. If you've got a few pieces that you picked out in a fit of passion, but never quite figured out how to flaunt, selling them to a more suitable style hunter might be the way to go.

But if you've never opened up shop on a web-based platform, it may be difficult to know how to get visitors to even give your garments a second look.

London-based luxury gown designer Farishta Zarify, who won the eBay Canada 2013 Entrepreneur of the Year award for her successful online store, says it's all about the visuals.

"It's online shopping, so you're taking away the experience of seeing the item in person," says Zarify, who recommends taking plenty of photographs of each garment in proper lighting and with a simple background.

"Also make sure to list all the defining characteristics like brand name, size and measurements so the customer knows exactly what they're going to get."

Donate 'em

There's arguably no better way to feel good about saying goodbye to your garments than by giving them away to a great cause.

There are plenty of organizations across Canada that will accept your gently used clothing, including The Salvation Army and Clothesline for the Canadian Diabetes Association.

And what if spring has brought with it a brand new job and you no longer need that blazer and those flashy flats?

Turn your charitable sights to Dress for Success, a worldwide organization with locations across Canada, which helps to promote the economic independence of disadvantaged women by providing them with professional attire received via drop-off donation.

"In the process of picking out an outfit and having a conversation with a volunteer stylist, our clients are transformed," says executive director of Dress for Success's Toronto chapter, Paige Souter.

"They start to believe that the next chapter in their lives will be better than the part that they're leaving."

And if you've had a pile accumulating in your closet for ages but lack the means to lug it to your local donation box, you can pay a quick visit to donationtown.org, an online directory of charities that offer donation pick-up service.

Rework 'em

Welcome to the generation of DIY, where every item can be manipulated into something even more magnificent. So don't give up on that garment – it's got life in it yet! To prove this to you, we asked Alana Kumar, the Victoria, B.C.-based creator of DIY blog dreamcreate.ca, to suggest four ways to breathe new life into your wardrobe:

- Use your scissors! Sometimes clothes have unnecessary ruffles, bows, etc. Say a prayer to the DIY gods and start having fun. Cutting ruffles can transform a girly top or dress into a much more classic silhouette, and give your piece a second chance.
- Turn a dress into a skirt. Take a maxi dress and simply tuck the top under. Now you have a new maxi skirt that you can pair with any top.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.

Canadian street style

Spotted in: Toronto

Name: Amanda Assing

Age: 32

Occupation: EA at Juniper Park and Open Studio contributor

What she's wearing:
"This black gem of a coat I found in this little vintage store in New York. I died. It's boiled wool and collarless. Reminded we of a collarless Chanel coat and I literally wear this everyday. These pants strangely are from the Gap — the loose fit is perfect for running around on the job. Club Monaco top is classic and translates in any country. Alpaca wool scarf is a find from Kensington market and it's ridiculously warm."

Her inspiration:
Mash-up of Emmanuelle Alt + loose patterns prints.

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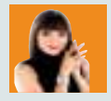

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Electric! From the get-go @Cher took the stage+ignited the crowd! Ageless+fearless , she's survival personified.

Colour splash clothing

Squint your eyes: This selection makes Crayola crayons look drab. Yes, this spring is the season to step out in a shamelessly bold and bright ensemble.

METRO WORLD NEWS

Uniqlo cashmere crewneck sweater, $90, uniqlo.com

Topman blue crewneck T-shirt, $10, topman.com

Band of Outsiders chinos, $250, mrporter.com

Zara bomber jacket, $99, zara.com

Nike Internationalist sneakers, $132, asos.com

Paul Smith credit card case, $225, paulsmith.co.uk

Remember when harem pants were trendy in the '80s? Well, it looks like they're back in style for spring. Go online to Trends Report to see which celebs have been spotted wearing them lately and let me know: Are you glad these baggy bottoms are making a comeback?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

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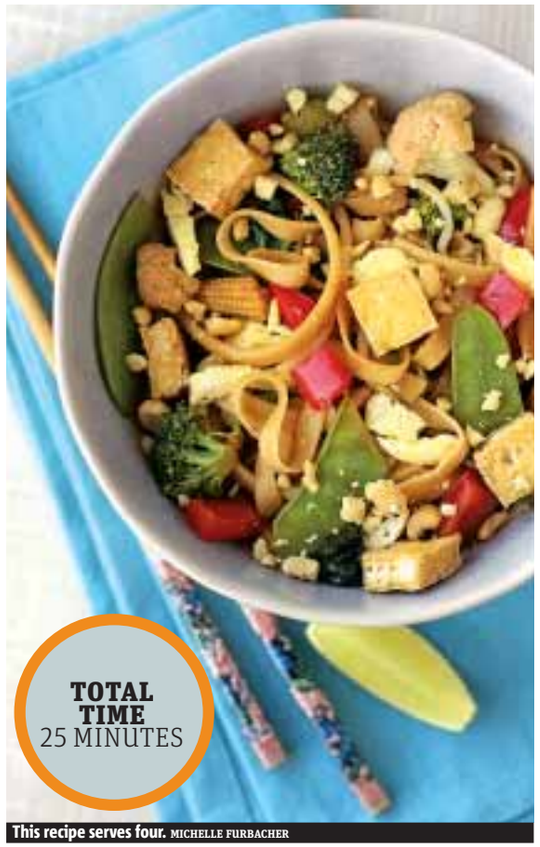
Everyone's favourite street dish from Thailand goes vegetarian

"(Pad Thai) is a traditional national dish served all over Thailand. It's sweet and spicy with a hint of tartness thanks to the lime, and features a wide variety of vegetables," writes Linda Woolven in The All-New Vegetarian Passport.

1. Cook the noodles according to the package instructions.

2. In a large frying pan, heat the oil. Add the tofu and cook, stirring, for about 7 minutes, or until slightly browned. Add the egg (if using) and cook, stirring, for about 2 minutes. Add the bok choy, bell pepper, broccoli and cauliflower and cook, stirring, for 3 to 4 minutes. Add the mung bean sprouts, snow peas, baby corn, bamboo shoots, soy sauce, rice vinegar and chili flakes and cook, stirring, for 3 to 4 minutes. Add the noodles and peanuts and heat through. Serve with lime wedges to garnish.

FROM THE ALL-NEW VEGETARIAN PASSPORT BY LINDA WOOLVEN (WHITECAP, 2013)



This recipe serves four. MICHELLE FURBACHER

Ingredients

- 6 oz (175 g) wide brown-rice Thai noodles
- 1 tbsp (15 ml) first cold pressed extra virgin olive oil
- 2 oz (60 g) extra-firm tofu, cubed
- 1 egg, beaten (optional; omit for diabetes, multiple sclerosis, rheumatoid arthritis and vegan diet)
- 2 baby bok choy, chopped
- 1 medium-size red bell pepper, diced (omit for rheumatoid arthritis)
- 1/2 cup (125 ml) broccoli florets
- 1/2 cup (125 ml) cauliflower florets
- 1 cup (250 ml) mung bean sprouts
- Handful each of snow peas, canned baby corn, drained and rinsed; canned bamboo shoots, drained and rinsed
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) chili flakes
- 1/4 cup (60 ml) crushed unsalted peanuts
- lime wedges

FLASH FOOD
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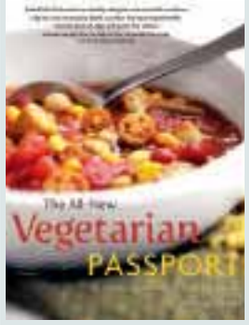
Cookbook of the Week

Around the world



Discover the best vegetarian delicacies from all over the world without leaving your kitchen. In The All-New Vegetarian Passport, Linda Woolven exposes readers to international flavours that also help to create a healthy new relationship between your body and your plate. The book boasts 350 of Woolven's favourite recipes and is split into sections that include North Africa and The Middle East, The Mediterranean, Europe, India, Asia, Latin America and The Caribbean, North America and more. METRO

All hands on deck

Spruce up your favourite outdoor room now, then relax in it all summer long. CONTRIBUTED

Get on board. Paul Lafrance has timely tips to get outdoor space shipshape for summer

The days are finally getting warmer and it's almost time to enjoy our backyards again. But after a long, rough winter what used to be an outdoor oasis may be in shambles. Luckily, deck guru Paul Lafrance has some tips and tricks for easy weekend makeovers that will keep your outdoor space beautiful, inviting, and stress-free for the summer ahead.

Stain the deck
Guaranteed this winter had snow and ice accumulating on your deck. If you don't have composite decking, you need to avoid those water stains on the wood by sanding and staining it. Do this as soon as the weather hits 10 degrees so that you are doing the work when it's still a bit chilly outside instead of on a beautiful day when you'd rather be on the deck relaxing.

Consider composite
If the structure of your deck is sound and the framework is lasting, then the best possible thing you can do for your sanity and the resale value of your home is to replace the deck boards with composite decking. This is easily a weekend project and will save you hours of maintenance in the future when you simply need to wash it clean instead of staining it.

Rethink your railings
To add more of a design flair to your deck, consider other options outside of the traditional wooden railings. Change them to glass for an upgraded view, or choose colours like black, white, or bronze to better suit your taste. You can even add railings with mirrors for a more interesting look.

Light it up
I cannot stress enough how important lighting is to design, and how much it can transform an outdoor space. You don't need to be an electrician to incorporate LED lights with your deck, or to add lights that will help you see better and boost the ambience at night.

Invest in furnishings
Deck furniture has been completely revolutionized from the past — there are outdoor furnishings now that are being mistaken for living room furniture. You can make over your whole space with some chairs and tables, or even create the effect of a room by adding an umbrella to a dining or living space outdoors.

Add privacy screens
Privacy screens are a great way to not only add privacy to your backyard space, but to also create a focal point and a creative "wow" for guests. Instead of simply copying the fencing that you have and making a screen out of it, consider incorporating something more decorative that suits your design tastes. You can choose anything from faux stone to something with a hanging water feature. If you can see it from inside it makes the outdoor space even more inviting.

Decked Out

Watch Paul Lafrance in all-new seasons of Decked Out and Disaster Decks, Tuesdays beginning at 9 p.m. ET/PT on HGTV Canada.

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metro

FIRST-TIME HOMEBUYERS

Thursday, April 10, 2014

Understand the process

It's a good idea to carefully consider what you want in a house first before you start looking. STEPHEN COBURN/SHUTTERSTOCK

JENNIFER TAPLIN
For Metro

Buying a house can be an overwhelming financial decision.

First-time homebuyers tend to be highly educated and are quite thorough with their research by using online tools to find potential properties and calculate costs. But they aren't as confident when it comes to mortgages and the technical process of buying a house, said Terri Gibbons, with Canada Mortgage and Housing Corporation, who is based in North York, Ont.

"It is important for first-time homebuyers to determine how much they can afford before they begin the process, keeping in mind all of the upfront costs," Gibbons said.

"It is recommended that first-time buyers seek out a mortgage professional and ask lots of questions and clarify their understanding along the way."

It's also a good idea to carefully consider what they want in a house first before they start looking, she added. Considerations include number of bedrooms, location, resale potential, and any renovation costs.

"It is costly to move, so these considerations are very important," Gibbons said.

When all the ducks are in a row and first-time house hunters find the right property at the right price, Winnipeg real estate lawyer Leandro Zylberman advises to take a breath before making an offer.

"When I get into the picture, it's usually after the offer has been signed and accepted," he said.

"Once I get that, it's too late to make any changes."

If there are components of the offer the buyers don't understand, they can make the offer subject to lawyer approval, Zylberman advised.

This part of the process is made easier with advice of a real estate agent, who doesn't charge commission for buying a house, only for selling, Zylberman said, which is a definite perk for first-timers.

And don't forget about the closing costs, which can be more than moving and lawyer fees. Many provinces have a land or deed transfer tax that catches many first-time homebuyers unaware.

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Finding the perfect spot

JENNIFER TAPLIN
For Metro

When looking for your first home, should you consider buying the best house on the worst street, or the worst house on the best street? BURLINGHAM/SHUTTERSTOCK

The old adage that location, location, location is a top factor when buying a house is no joke. But determining that just right location can be a struggle for first-time homebuyers.

For example, should you consider buying the best house on the worst street, or the worst house on the best street?

"Your value is going to be the worst house on the best street," said Halifax real estate agent Paula Langille. "It's usually the most affordable."

Having the nicest house on the block isn't as advantageous because equity won't build as quickly, she said. But a fixer-upper on a charming street will be worth more in the long run.

"And also your carrying costs will be less than anyone else on the street; your taxes will be a bit less."

Marilynn Strilchuk, a real estate agent in rural Alberta, agrees. She said picking a good community can be the far better choice because of the equity.

And when it comes to choosing which community to live in — city, suburb or rural — there are several factors to nail down first before hitting any open houses.

Strilchuk said if a homebuyer has a family or plans to, they need to check out what services are available, such as schools, parks, and community centres.

Generally bigger houses with garages and large yards are more affordable in the suburbs, but that's not always the case.

"Sometimes it's not about what you want when you're a first-time homebuyer, but it's what you can afford," Strilchuk said.

Rural properties provide the space, but they most likely come with a well and septic system instead of a municipal service, Langille said.

Some homebuyers place a higher priority on having a nearby bus route and want to be able to walk to work.

Condos. Settle into a different type of lifestyle

YLVA VAN BUUREN
For Metro

It's a great time to buy a condominium.

The market is more balanced compared to houses, says Toronto mortgage broker David Smith. And there are lots of long- and short-term benefits.

Here is a list to consider:

1 Affordability. While budget will dictate location, amenities and size, a condominium is usually more affordable than a house. "For many first-time buyers, it's the only way to enter the real estate market," Smith said.

2 Availability. There are lots of condos on the market, Smith said, and they are good value — an anticipated downward direction of prices hasn't occurred.

3 Ease of living. Christopher Dewdney, a Toronto financial adviser and member of Advocis, the Financial Advisors Association of Canada, says condo fees generally cover maintenance such as snow removal, lawn care, and even indoor plumbing in some cases. Many condominiums provide amenities such as a pool, fitness club, and outdoor barbecues.

4 Lifestyle. Some condominiums are "lifestyle communities" with regular events such as wine tasting and movie nights where owners can network and meet new friends.

5 Safety. Most condos have built-in security including security cameras and a concierge.

6 Good investment. "Historically, you see an appreciation in the value of real estate," Dewdney said. That's great compared to renting where you end up with no equity or ownership. A condominium could become a rental property in the future for you, too.

7 Net worth. You are building your net worth. Through the property, you are building equity, Dewdney said. "If there's a financial opportunity or emergency, you could always secure a line of credit against that equity in the property."

8 Stepping Stone. A condominium will be worth more in the future — if you sell it, you can use the surplus towards a new property or investment.

Be prepared and know what you can afford for a down payment for a new home, and what your price range and budget are before you get started.
MONKEY BUSINESS IMAGES/SHUTTERSTOCK

An investment that's worth the challenge

KRISTA SYLVESTER
For Metro

Buying your first home can be a daunting task but it's an investment that is worth the challenge, especially if you know the tricks of the trade.

Calgary realtor Bill Leesman is experienced in helping first-time homebuyers find their ideal first home and his biggest advice would be to do their research first.

"You have to be prepared and know what you can afford for a down payment, and what your price range and budget are before you get started," he said.

"First-time homebuyers should be prepared to keep their first home for at least four or five years in order to get enough equity to be able to upgrade to a new home later on. Buying your first home for just a year or two doesn't make much sense."

That's why Leesman recommends buying the right size of home — if you are going to have a growing family, make sure you have enough room in the house down the road.

And while nice appliances and several bedrooms are always nice to have, they don't factor in to the overall cost as much as some people might believe, Leesman said. Leesman cautions homebuyers to make sure the appliances are in working order or they might have to buy new ones after they move in.

However, developed basements and garages certainly drive the cost up.

"People are actually better off buying homes with undeveloped basements and without garages and then finishing them later themselves. People can generally build their own garage or develop the basement after the fact for less than what it would cost added on to the house price."

Another big factor that can drive up the cost of a home is location. "Busier streets tend to cost less than quieter streets or houses in cul-de-sacs," Leesman said.

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MICHAEL JUNG/SHUTTERSTOCK

LEAVE A LASTING IMPRESSION

You have just seven seconds to make a first impression. And a ready smile, neat and appropriate attire, and fresh breath, especially, are all part of making a good one.

On the other hand, bad breath (as well as being grouchy, wearing ill-fitting clothing, and playing with your hair or moustache) leaves a lasting bad impression.

Here are times when good oral hygiene and body care are especially important.

THE COCKTAIL PARTY: There is no way around close contact at a social gathering. You are rubbing shoulders with strangers, having quick conversations with old friends, and spotting people across the room that you would really like to meet.

A JOB INTERVIEW: Problems like bad breath can definitely spoil your chances in an important job interview. There is going to be a handshake and a discussion, perhaps in close vicinity.

A FIRST DATE: Meeting a potential partner for the first time is stressful as it is. You don't want to worry about your breath. And you certainly don't want to find out that this person takes your breath away — in a bad way.

KARAOKE: Sharing a stage puts you in very close quarters with another person, and if you are belting out a song together into one microphone, yikes.

** Crest Complete toothpaste fights cavities. To ensure this product is right for you, always read and follow the label.*

THE AIRPORT: Whether you are arriving at the airport yourself or you are picking someone up, there are going to be hugs and kisses with all the greetings.

DINNER PARTY: Getting together around a dinner table is what you do to have fun, and you can count on lots of hugs and kisses at the beginning and end.

VLADIMIR GJORGIEV/SHUTTERSTOCK

BAD BREATH CAN BE A BUMMER

Research has shown halitosis is a confidence killer, and can make a person super sensitive about breath problems.

The sooner you determine if you have a problem, the sooner you can do something about it.

To find out:

- Cover your mouth and nose with your hand, and exhale. Now breathe in through your nose. Does the air smell bad?
- Watch how people react when you talk. Do they stand at a distance, or act a little odd after you speak?
- If your partner starts to avoid kissing you on the mouth, there may be an issue. But it may be their breath, too.

What to do? Improve your oral hygiene by brushing your teeth, flossing, and using a dental mouthwash, regularly. Talk to your dentist about your concerns, and be sure to always carry mints and mouthwash, too.

REFRESHING TIPS FOR MEANINGFUL RELATIONSHIPS

You have been thinking about this moment for a while. Now the lights are low, the two of you are alone, love is definitely in the air. You lean in, close your eyes and purse your lips for that first kiss — and wait and wait.

OMG. Your date has recoiled. Was it your breath?

Bad breath is actually one of society's oldest and most troublesome social problems. Called halitosis, it can be caused by different factors, including poor oral hygiene, strong smelling foods such as fish, onion, garlic, and even coffee, smoking, and dental and health problems. It is the third most frequent reason — after cavities and periodontal disease — that people see their dentist.

Often, a relationship problem has spurred on the visit. Since sense of smell is so closely linked to your emotions, sweet smelling breath has everything to do with love, kissing and connecting — or not connecting.

SINGLE — AND NOT LOVING IT

Bad breath is often referred to as a social life killer. In fact, in research, sufferers say it ruins their life.

Not surprisingly, single people with bad breath often have problems dating, and getting married. Furthermore, they are so anxious about their breath in social settings that they avoid face-to-face encounters and can become loners — and lonely.

Thirty-four per cent of survey participants with halitosis said their bad breath made them hesitant to speak to others.

SANTIAGO CORNEJO/SHUTTERSTOCK

If you are starting to date someone you really like who has bad breath, try some subtle hints such as eating mints after dinner, avoiding strong smelling foods, and even talking about your own oral hygiene habits.

MARRIED — AND NOT LOVING IT EITHER

In research, sufferers say bad breath causes them to sleep separately from their spouse.

While couples who have been together for a while can be forgiving and understanding, bad breath can still be difficult to ignore, especially in the bedroom. Halitosis is often the reason behind partner rejection and marital problems.

If bad breath is ruining intimate moments, be honest but be kind. Encourage your partner to brush their teeth, floss, and rinse with a mouthwash at least twice a day. This will prevent bacteria from settling in the mouth. If there is a new chronic bad breath issue, check in with the dentist, too.

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The Canucks fired GM Mike Gillis on Tuesday, but there were plenty other disappointing NHL campaigns around hockey this season. Scan this image to vote on who should be the next NHL executive to hit the road.

SPORTS 4

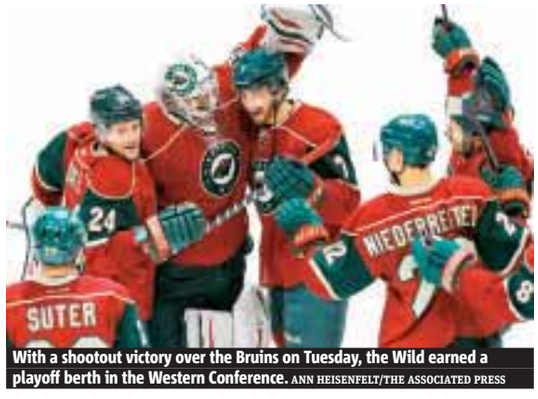
Messi, Barca run into Atletico wall

Barcelona's Lionel Messi kicks the ball in front of Atletico Madrid players during their Champions League quarter-final second leg soccer match in Madrid, Spain, Wednesday. Koke's fifth-minute goal led Atletico to a 1-0 win, good for a 2-1 aggregate victory. Atletico, which leads Barcelona by one point in the Spanish league, reached the last four of Europe's top club competition for the first time since 1974. Also Wednesday, defending champion Bayern Munich came from behind to reach its third straight Champions League semifinal and beat Manchester United 3-1, advancing on 4-2 aggregate.

ANDRES KUDACKI/THE ASSOCIATED PRESS

Slight change, same intense playoff race

NHL. Wild-card spots a product of realignment, which has also increased the emphasis on divisions



With a shootout victory over the Bruins on Tuesday, the Wild earned a playoff berth in the Western Conference. ANN HEISENFELT/THE ASSOCIATED PRESS

The NHL has gone wild. Well, for the post-season format at least.

While the change, driven by division realignment, to the qualification and seeding system was slight, the final week of the regular season has slanted a little differently than in the past.

Loosely following what other leagues — the NFL and MLB — have done for decades now, the NHL has added wild cards to the playoff pool. Post-season qualification is the same in that eight teams from each conference are included, but it has led to essentially two separate races. Competition for the top three spots in each division is one, with the leftovers jockeying for two wild cards in each conference.

The Minnesota Wild locked up the first one in the West on Tuesday, leaving the Dallas Stars and Phoenix Coyotes to scrap for the last spot. The contenders play on Sunday night to finish the regular season, but the Stars took a two-point lead on the Coyotes into their game on Wednesday against Columbus.

"Ideally, you'd probably like to have it wrapped up," Stars defenceman Alex Goligoski said. "It's good to have these intense games where you need to win and get points, and you need to play a certain way because that's the way the playoffs are going to be. We've just got to keep grinding away."

Detroit and Columbus are in control of the East wild cards. The Red Wings went into their game at Pittsburgh on Wednesday needing only one point to seal their spot, and the Blue Jackets were one point behind them entering their matchup with Dallas.

Despite playing much of the season without several key players, the Red Wings are in position to stretch their playoff streak to 23 straight years. A dry-erase board with team logos and the critical numbers – wins, losses and points – shows the players in their dressing room where the cut lies.

"We've done a good job to keep ourselves above the red line," goalie Jimmy Howard said. THE ASSOCIATED PRESS

Playoff flameouts

Oh, Canadiens!

The Toronto Maple Leafs' playoff hopes ended on Tuesday with a 3-0 loss in Tampa Bay, leaving the Montreal Canadiens as the lone Canadian team left fighting for a Stanley Cup.

According to hockey-reference.com, the last time there was just one post-season participant from north of the border was in 1973 when, yes, the Habs topped the Chicago Blackhawks in the Stanley Cup final. METRO

The Canadiens will be Canada's only hope when the playoffs begin. GETTY IMAGES

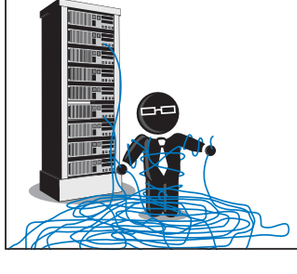
NHL

Canucks bring Linden back as team president

Trevor Linden spent seven seasons as captain of the Vancouver Canucks. Now he's getting the chance to lead the team's front office.

Linden was named the team's president of hockey operations on Wednesday, one day after president and general manager Mike Gillis was fired following the team's failure to make the playoffs.

"When this opportunity to be president of hockey operations was presented to me, I gave it great thought and I simply could not pass it up," Linden said at a news conference alongside Canucks owner Francesco Aquilini. THE CANADIAN PRESS



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Horoscopes

Aries
March 21 - April 20
The Sun in your birth sign does wonders for your confidence but there will still be times when self-belief deserts you. Keep telling yourself there is no good reason you should fear the worst, now or ever.

Taurus
April 21 - May 21
This may not be an easy time of year for you but you can sense that the day will soon be here when your luck turns. Maybe that day will come sooner if you act as if nothing could possibly go wrong.

Gemini
May 22 - June 21
Tone down your comments because the planets warn if you say something others consider over the top it will rebound on you in ways you had not expected.

Cancer
June 22 - July 23
Think twice before volunteering to help the less fortunate through a task you know little about. Others may be wowed by your enthusiasm but they won't be so impressed if you make a mess of the job.

Leo
July 24 - Aug. 23
Don't expose yourself to any kind of situation where you do not have full control over what happens. Not even your confidence will protect you from people who do not share your sense of fair play.

Virgo
Aug. 24 - Sept. 23
You seem to have a phobia about something that at other times would not worry you. It may continue for a few days but come the start of next week you'll be all smiles again.

Libra
Sept. 24 - Oct. 23
Make sure you know what you are talking about today, especially if you are dealing with people who are experts. If you make claims that cannot be backed up with facts, they will make you look silly.

Scorpio
Oct. 24 - Nov. 22
For some reason you seem to believe you don't have the talent to be a success. That isn't true. Get your head straight and get on with making your mark on the world.

Sagittarius
Nov. 23 - Dec. 21
You have a tendency to say things you don't believe because you enjoy seeing the looks of shock on people's faces. It may be a lot of fun, but it could backfire today.

Capricorn
Dec. 22 - Jan. 20
You can be sarcastic and the planets warn that your caustic way with words could have long-term consequences that damage others and you.

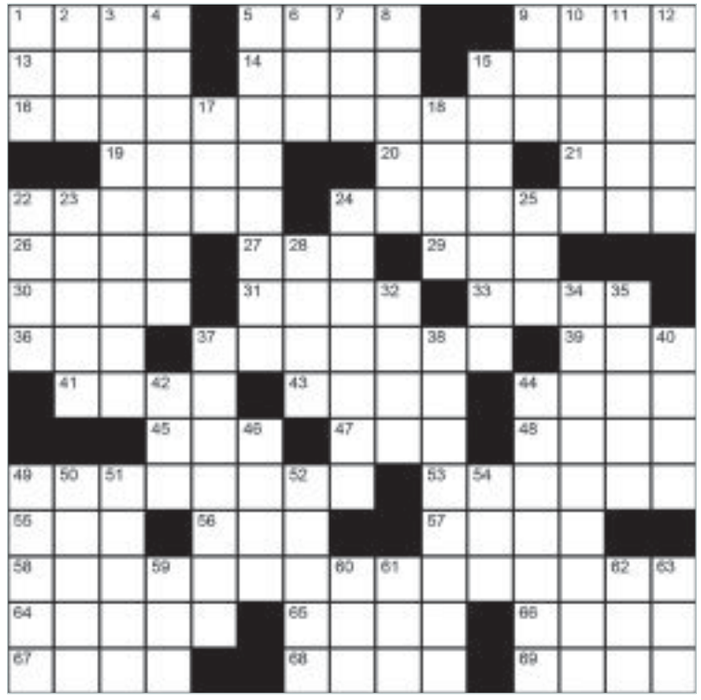
Aquarius
Jan. 21 - Feb. 19
You may not get much in the way of thanks for a good deed today but that's OK. The world would be a sad place indeed if we only ever did favours for others because we expected to get something back in return.

Pisces
Feb. 20 - March 20
Try not to get angry or frustrated if a goal you are aiming to reach seems to be further away than ever. Just as there is a reason for everything that happens in life so too is there a reason for everything that does not happen. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

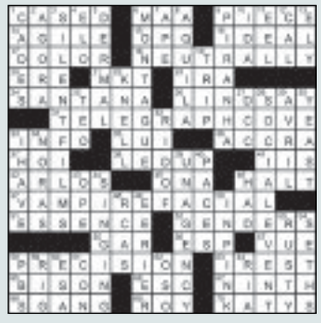
BY KELLY ANN BUCHANAN



Across
1. Niagara Falls' Maid of the __
5. Angry arfer's admonition
9. Dull
13. Wine: __ Spumante
14. Donnie Iris song: "Ah! __!"
15. Accustom
16. Toronto: The __ __ __ Theatre (Opened in 1993, it was named after a member of The Royal Family)
19. Reclined
20. Couplet
21. Antacid brand
22. House kind
24. Herb that sounds like a toast spread
26. Interest __
27. __ __ roll
29. Nero's 54
30. __-bitty
31. Newfoundland's nickname, The __
33. Broom closet items
36. "O Sole __"
37. "The Real Housewives of Beverly Hills" cast member who is Canadian producer David Foster's wife
39. Cdn. capital
41. Norway's capital
43. Rhyme scheme
44. Indebted person
45. Retro albums, e.g.
47. Spinning stat.
48. Reality's Ms. Leakes
49. Peter of HBO's "Game of Thrones"
53. About [abbr.]
55. A bus driver follows one, for short
56. Cobbler's tool
57. Switchblade
58. "Chasing the Sunset" band from Winnipeg: 2 wds.
64. Hotel employee
65. God: French
66. Mackerel sort
67. Their __ Were Watching God (1937 novel by #51-Down)
68. Chick containers
69. Trans-Canada, et al.

Down
1. Location locator
2. Medit. locale
3. Spikes
4. Sarah Palin impersonator: 2 wds.
5. Manitoba village, home of tourist attraction Sara the Camel
6. __ judicata (Settled court matter)
7. __ al-Khaimah, Middle East emirate
8. Valerie Harper title role
9. Genetic info carrier
10. Geometry set item
11. Field
12. Broom-of-twigs
15. "Letters from __ __" (2006) directed by Clint Eastwood
17. Spy org.
18. Roll up a flag
22. Ladylike
23. 3.14, for example
24. Ghastly
25. Lacto-__ vegetarian
28. 'The Big Easy'
32. Start to 'sack' (Hiker's bag)
34. __-Pine Falls, Manitoba
35. Office item, __ pad
37. Brand of yogurt
38. Syria's capital
40. Famed dino
42. Currency in Albania
44. Singing the right note in music: 2 wds.
46. Cut
49. Ambition
50. "Be that as __ __..."
51. Author, Zora __ Hurston
52. Wooded spot's open space
54. Greek letter
59. Some stoves
60. Fix
61 Edmonton International Airport code
62 'Trick' suffix
63. Boat's distress

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					9	7		
			2	4		3		
3	4	9				1		
5			1		8		9	
	9						3	
	7		9		5			4
		2				6	7	3
		3		6	2			
		8	5					

Yesterday's Sudoku

1	2	5	7	3	6	8	4	9
3	9	7	1	8	4	6	2	5
8	6	4	2	9	5	7	3	1
4	7	3	6	1	8	5	9	2
5	8	9	3	4	2	1	7	6
6	1	2	5	7	9	3	8	4
2	3	1	4	6	7	9	5	8
9	4	6	8	5	3	2	1	7
7	5	8	9	2	1	4	6	3

Today
9°/-2°
Variable

Friday
9°/-5°
Variable

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HD
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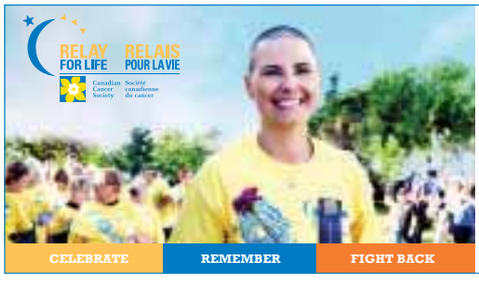

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